

**IN THE SPECIFICATION:**

On page 1 of the application, please delete the title and replace it with the following:

METHODS OF GENERATING AND SCREENING FOR HIGH FREE ENERGY  
FORMS IN CAPILLARIES

On page 1 of the application, please delete the paragraph under "FIELD OF THE INVENTION" and replace it with the following:

The present methods relate to screening and generating high free energy forms from a sample comprising a compound, an element, or a mixture. More particularly, samples are solidified in capillary tubes, and a distribution of solid forms is generated, including high free energy forms. The generated forms may be more stable within the capillary tubes and may be isolated and analyzed within the capillary tubes. The present methods provide an economical and relatively easy way to see whether a compound, element or mixture thereof has a high free energy form.